

FREE Family Friendly Event

"It Takes Heart to be a Hero!"

The Chula Vista Recreation Department and The American Heart Association are proud to present the first ever **Chula Vista Jumps** event to benefit the Jump Rope For Heart campaign of the Chula Vista Elementary School District.



What: A fun jumping event to build healthier lives free of cardiovascular diseases and stroke.

When: Saturday, November 1st, 2014
From 9:00 a.m.— 12:00 p.m.

Where: Salt Creek Recreation Center
2710 Otay Lakes Road
Chula Vista, CA

How: Join us in our efforts to build healthier lives free from cardiovascular disease and stroke! Lace up those sneakers, jump rope and enjoy event day entertainment. Donations can also be made at the event to the American Heart Association to benefit the campaign efforts.

With special guests, the USA Jump Stars!

Join us for a fun day filled with jumping rope, special guest performances by the USA Jump Stars, mini competitions and a health and wellness fair.

Benefits of the Jump Rope For Heart Campaign to the Schools are:

- Heart healthy curriculum and fun activity
- US Games Certificates for PE Equipment
- Jump Ropes



USA JUMP STARS®

For more information, please contact:

Kristi McClure, Director of Recreation, at (619) 409-5979 kmccclure@chulavistaca.gov

Jennie Brane, AHA, at (858) 210-8249 or jennie.brane@heart.org